ARLINGTON

DIRECTORY OF SENIOR SERVICES

Fifth Edition

Arlington Council on Aging

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Cambridge Savings Bank

Cambridge Savings Bank

The Arlington Council on Aging offers this **Directory of Social Services – Fifth Edition** for informational purposes only. Seniors, family members and others who utilize this information do so with the understanding that the Council on Aging, the Town of Arlington and its employees and agents do not necessarily screen nor endorse any service listed and do not assume any legal or other responsibility for services rendered by listed entities.

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Adult Day Care

Cooperative Elder Services
Adult Day Health & Alzheimer Day Care Services
37 Broadway, Arlington MA **(781) 641-1070**
10 Pelham Rd, Lexington MA **(781) 861-9863**
www.elderdayservices.com

The Community Family, Inc. (781) 395-5542
Memory Loss Day Program
121 Washington St., Medford, MA 02155
www.communityfamily.org

Sancta Maria's Windsor House (617) 491-1815
799 Concord Ave.
Cambridge, MA 02138
www.windsorhouse.org

Advocacy & Consumer Protection

American Association of Retired Persons
(AARP) Massachusetts (866) 448-3621
One Beacon St., Suite 2301
Boston, MA 02108
www.aarp.org/states/ma/
Local Chapters in Medford and Waltham.

Better Business Bureau (508) 652-4800
www.boston.bbb.org

Consumer Products Safety Commission
www.cpsc.gov **(800) 638-2772**

MA Attorney General Office (617) 727-2200
One Ashburton Pl.
Boston, MA 02108
AG's Elder Hotline **(888) 243-5337**
Consumer Protection Hotline **(617) 727-8400**
To file a complaint online: www.mass.gov/ago

MA Association of Older Americans
19 Temple Pl., 4th Floor **(617) 426-0804**
Boston, MA 02111
Education, advocacy, and action for seniors.
www.maoamass.org

MA Executive Office of Elder Affairs
One Ashburton Pl., 5th Floor **(617) 727-7750**
Boston, MA 02108 **(800) 882-2003**
MA Elder Referral Line **(800) AGE-INFO**
www.ma.gov/elder

MA Senior Action Council (MSAC)
565 Warren St. **(617) 442-3330**
Boston, MA 02121
Statewide organization working on senior issues such as housing, health care, transportation, and income security.
www.masssenioraction.org
MSAC Cambridge Chapter
Monthly meeting 3rd Friday of month @ 12:30pm
Cambridge Senior Center
806 Mass. Ave., Cambridge

Medford Consumer Advisory Commission
90 Main St. **(781) 393-2460**
Medford, MA 02155
Consumer advocates serving Arlington residents in association with Attorney General's Office.

Alcohol & Substance Abuse

Al-Anon Family Support (508) 366-0556
www.ma-al-anon-alateen.org

Alcoholics Anonymous (617) 426-9444
www.aaboston.org

MA Substance Abuse Helpline (800) 327-5050
c/o Health Resources in Action
95 Berkeley St., Suite 208
Boston, MA 02116
Referrals and information on evaluations, detoxification, and treatment programs.
www.helpline-online.com

McLean Hospital (617) 855-2000
115 Mill St. **(800) 333-0338**
Belmont, MA 02478
Alcohol and drug abuse treatment center.
www.mclean.harvard.edu/adult

Mount Auburn Hospital **(617) 499-5051**
Prevention and Recovery Center
330 Mt. Auburn St.
Cambridge, MA 02138
Addiction services for alcoholism, substance abuse, and compulsive gambling.
www.mountauburnhospital.org

Alzheimer's Information

Alzheimer's Association, MA Chapter
311 Arsenal St. **(800) 272-3900**
Watertown, MA 02472 **(617) 868-6718**
24-hour Helpline for Alzheimer's related questions and referrals, classes for caregivers, and advocacy.
www.alz.org/manh

McLean Memory Diagnostic Clinic
115 Mill St. **(617) 855-2300**
Belmont, MA 02478
Consultation and referral services for diagnosis and treatment of memory disorders or other cognitive impairments.
www.mclean.harvard.edu/adult

Minuteman Senior Services **(781) 272-7177**
26 Crosby Drive **(888) 222-6171**
Bedford, MA 01730
Family Caregiver Support Program and in-home memory and dementia consultation.
www.minutemansenior.org

National Institute on Aging **(800) 438-4380**
Alzheimer's Disease Education & Referral Center
www.nia.nih.gov/alzheimers

StillMee **(617) 328-3440**
157 Wilson Ave.
Quincy, MA 02170-1037
Alzheimer coaching for caregivers and families.
www.alzheimercoachingservices.com

Assisted Living

A Place for Mom **(866) 889-4413**
Free help from local advisor regarding senior care and living options.
www.aplaceformom.com

Arlington Council on Aging **(781) 316-3400**
27 Maple St.
Arlington, MA 02476
Provides list of assisted living-type facilities in Arlington area and consults with seniors and families about the decision and search process.

Arlington Rest Home, Inc. **(781) 643-8761**
129 Lake St.
Arlington, MA 02474
Rest home for women, subsidized and private pay.

MA Assisted Living Facilities Association
(Mass-ALFA) **(781) 622-5999**
135 Beaver St, Suite 202
Waltham, MA 02452
Directory of most assisted living facilities in MA.
www.massalfa.org

Sunrise Assisted Living of Arlington
1395 Mass. Ave. **(781) 643-2100**
Arlington, MA 02476
www.SunriseArlingtonMA.com

Cancer Information

American Cancer Society **(800) 227-2345**
43 Nagog Park, Suite 110 **(800) 952-7664**
Acton, MA 01720 **(781) 894-6633**
www.cancer.org

The Center for Cancer Support and Education
P.O. Box 91 **(781) 648-0312**
Arlington, MA 02476
Support groups and wellness programs for people with cancer and their caregivers.
www.centerforcancer.org

Sanborn Foundation **(781) 643-7775**
For the Treatment & Cure of Cancer
Grants to Arlington residents living with cancer. Also pays for transportation to cancer treatments through the Arlington Council on Aging.
www.sanbornfoundation.org

Dental Health

Dental Hygiene Program **(978) 656-3250**
Middlesex Community College
44 Middle St.
Lowell, MA 01852
Preventive dental hygiene services.
www.middlesex.mass.edu/DHClinic

Dental Subsidy Program **(781) 316-3400**
Arlington Council on Aging
27 Maple St.
Arlington, MA 02476
Must be age and income eligible.

Harvard School of Dental Medicine
188 Longwood Ave. **(617) 432-1434**
Boston, MA 02118
www.harvarddentalcenter.harvard.edu

Massachusetts Dental Society **(800) 342-8747**
Information on access to care and dental health insurance.
www.massdental.org/for-the-public

Tufts Dental Clinics **(617) 636-6791**
One Kneeland St.
Boston, MA 02111
Emergency, general, and specialty clinics.
http://dental.tufts.edu

Disabilities

Arlington Commission on Disabilities
20 Academy St.
Arlington, MA 02476 **(781) 316-3431**
Advocacy and resources to insure that people with disabilities have equal access to town facilities, services, and programs.

Carroll School for the Blind **(617) 969-6200**
770 Centre St. **(800) 852-3131**
Newton, MA 02458
Rehabilitative services, vision assessments, technology programs, computer services and vision store.
www.carroll.org

D.E.A.F., Inc. **V/TTY: (617) 254-4041**
215 Brighton Ave., #1
Allston, MA 02134
Independent Living Program for seniors who are deaf and hard of hearing, including assistive technologies, education, employment, social activities and health support services.
www.deafinconline.org

Easter Seals **(617) 226-2640**
89 South St., 1st Floor **(800) 244-2756**
Boston, MA 02111
Services and information for adults and children with disabilities.
www.ma.easterseals.com

Low-Vision Support Group **(781) 316-3400**
Council on Aging
27 Maple St.
Arlington, MA 02476
Support group and information for people with low-vision and/or legally blind. Meets monthly.
www.arlingtonma.gov/coa

MA Association for the Blind (MAB)
Community Services **(800) 852-3029**
200 Ivy St. **(617) 738-5110**
Brookline, MA 02446
Provides information, referral, rehabilitation, low-vision support groups.
www.mabcommunity.org

MA Commission for the Blind
48 Boylston St. **(617) 727-5550**
Boston, MA 02116 **TDD: (800) 392-6556**
Provides information, referral, & support services to state residents who are legally blind.
www.state.ma.us/mcb

MA Commission for the Deaf & Hard of Hearing **(617) 740-1600**
150 Mt. Vernon St. **TTY: (617) 740-1700**
Dorchester, MA 02125 **TTY: (800) 530-7570**
Video Phone: (617) 265-8447 IP 70.22.152.162
Provides case management, technical assistance, training, education, interpreters, and information.
www.state.ma.us/mcdhh
Emergency Interpreter: M-F regular work hours for all emergencies; after 5 pm and weekends, legal/police emergencies only.
V/TTY: (800) 249-9949

MA Disabled Persons Protection Commission
24-Hour Hotline **(800) 426-9009**
V/TTY: (888) 822-0350
To report suspected abuse of adults (ages 18-59) with disabilities.

MA Equipment Distribution Program
(800) 300–5658
Provides free or low-cost specialized telephones for those with a permanent disability, such as hearing, vision, speech, or motion.
www.mass.gov/massedp

MA Office on Disability
One Ashburton Pl. #1305 **V/TTY:(617) 727-7440**
Boston, MA 02108 **V/TTY:(800) 322-2020**
Provides information, technical assistance, and advocacy for people with disabilities.
www.state.ma.us

Mass Relay 7-1-1
Dial 711 for nationwide access to relay service operator who facilitates communication between people using phone and TTY.

Massachusetts Rehabilitation Commission
MRC Ombudsperson: **(617) 204-3603**
Voice/TDD: **(800) 245-6543**
Vocational rehabilitation services, independent living programs, home care, employment services, and home modifications.
www.state.ma.us/mrc

Perkins School for the Blind **(617) 972-7452**
175 North Beacon St.
Watertown, MA 02472
Braille and talking book library, descriptive videos, low-vision clinic, adaptive technology, and community living services.
www.perkins.org

Visions of Independence **(781) 784-3320**
34 Crest Road Way
Sharon, MA 02067
Personalized training for low-vision elders.
www.visionsofindependence.com

Donations & Reusable Items

Arlington Recycling Program **(781) 316-3100**
Department of Public Works
51 Grove St.
Arlington, MA 02476
Recycling includes weekly, curb-side pick-up of paper, plastic and metal. Also Hazardous Waste Program and Community Collection Days.
www.arlingtonma.gov/recycle

Big Brother Big Sister Foundation
Call for pick-up: **(888) 483-5503**
Clothing and household items.

Council on Aging **(781) 316-3400**
27 Maple St.
Arlington, MA 02476
Accepts used medical equipment.

HGRM Household Goods Recycling of MA
530 Main St. **(978) 635-1710**
Acton, MA 01720
Drop-off household items and furniture to be distributed to those in need. Limited pick-up available in some areas.
www.hgrm.org

MA Coalition for the Homeless **(781) 595-7570**
Call well in advance for pick-up of furniture and kitchen items.

Mission of Deeds **(781) 944-9797**
6 Chapin Ave.
Reading, MA 01867
Accepts furniture and household items in good and usable condition to distribute to those in need.
www.missionofdeeds.org

Morgan Memorial Goodwill **(617) 445-1010**
Donation Trailer - Stop & Shop Parking lot
905 Massachusetts Ave., Arlington, MA 02174
Goodwill Store **(617) 628-3618**
230 Elm St. (Davis Square), Somerville, MA
Clothing, linens, household items.
www.goodwillmass.org

Vietnam Veterans of America **(800) 775-8387**
Call for pick up of clothes, housewares, and tools.

Education

Arlington Community Education
Arlington High School **(781) 316-3568**
869 Mass. Ave.
Arlington, MA 02476
Day, evening, and weekend educational classes.
www.arlingtoncommunityed.org

Cambridge Center for Adult Education
42 Brattle St. **(617) 547-6789**
Cambridge, MA 02138
www.ccae.org

English At Large **(781) 395-2374**
400 High St.
Medford, MA 02155
Provides one-on-one and group assistance in learning English, serves Arlington.
www.englishatlarge.com

Gerontology Institute at UMass-Boston
100 Morrissey Blvd. **(617) 287-7300**
Boston, MA 02125
Offers one-year certificate program and Osher Lifelong Learning program for 50+ years old.
www.geront.umb.edu

Middlesex Community College
591 Springs Rd. **(781) 280-3570**
Bedford, MA 01730 **(781) 280-3663**
Middlesex Institute for Lifelong Education for Seniors (M.I.L.E.S.)
www.mileonline.org

Minuteman Regional High School
Community Education **(781) 861-6500**
758 Marrett Rd.
Lexington, MA 02421
10% senior and military discount.
www.minuteman.org/continuing-education

Osher Lifelong Learning Institute
@ Tufts University **(617) 627-5699**
Medford, MA 02155
ase.tufts.edu/lli
@ Brandeis (BOLLI) **(781) 736-2992**
Waltham, MA 02453
www.brandeis.edu/bolli
Study groups, lectures, day trips for adult learners.

Road Scholar **(800) 454-5768**
(formerly Elder Hostel)
11 Avenue de Lafayette
Boston, MA 02111
Classes and local, national and international travel for persons 55 years and older.
www.roadscholar.org

Elder Abuse & Neglect

Elder Abuse Hotline **(800) 922-2275**
MA Executive Office of Elder Affairs
24-hour Hotline to report elder abuse, neglect, and at-risk elders.
www.mass.gov/elder

Minuteman Senior Services
26 Crosby Drive **(781) 272-7177**
Bedford, MA 01730 **(888) 222-6171**
Local protective services unit that takes reports and investigates elder abuse, neglect, and self-neglect of Arlington elders 60-years and older.
Mon.-Fri., 9 am - 5 pm.
www.minutemansenior.org

Emergency Phone Numbers

911
Call 911 for fire, police, and medical emergencies.

Enhanced 911
Information that alerts police/fire of special issues when responding to emergencies at your home.
To receive application call:
Arlington Police Department: **(781) 643-1212**
Council on Aging: **(781) 316-3400**
Arlington Disability Commission: **(781) 316-3430**

Employment

Career Place **(781) 932-5500**
Middlesex Community College
100 Trade Center, Suite G100
Woburn, MA 01801 **TTY: (781) 932-5552**
www.careerplacejobs.com

Career Source **(617) 661-7867**
Fresh Pond Mall
185 Alewife Brook Parkway, Suite 310
Cambridge, MA 02138
www.yourcareersource.com

Operation A.B.L.E. of Greater Boston, Inc.
131 Tremont St., Suite 301 **(617) 542-4180**
Boston, MA 02111
For people 45 years and older, training programs, career fairs, coaching, computer skills tutoring, counseling, and skills testing.
www.operationable.net

Senior Community Service Employee Training Program **(617) 542-4180 ext 21**
(Part of Operation A.B.L.E. of Greater Boston)
Federal back-to-work program for low-income individuals age 55 +. Assists in finding part-time jobs at community-based government agency or non-profit organization.
www.operationable.net

Financial Assistance

Financial Planner Consultation
Arlington Council on Aging **(781) 316-3400**
27 Maple St.
Arlington, MA 02476
Certified Financial Planner Rick Fentin provides free consultation; call for appointment.

Circuit Breaker State Tax Credit
Information at Council on Aging: **(781) 316-3400**
MA Dept. of Revenue: **(800) 392-6089**
MA program that allows eligible homeowners and renters 65+ to receive a refundable tax credit if local property tax exceeds 10% of their income.

Income Tax Preparation **(781) 316-3400**
Arlington Council on Aging
27 Maple St.
Arlington, MA 02476
Free income tax preparation by AARP-trained volunteers for low to moderate-income people, aged 60+.
www.arlingtonma.gov/coa

MA Dept. of Transitional Assistance
80 Everett Ave. **(617) 551-1700**
Chelsea, MA 02150 **(877) 382-2363**
Location for Arlington residents to apply for SNAP (food stamps) and state cash assistance (EAEDC). Also programs for families with children, including TAFDC and homeless.
www.state.ma.us/dta

MassResources
On-line resource for MA residents in need of basic services. Provides clear, accurate descriptions of a wide variety of benefits and programs, including eligibility screening tool.
www.massresources.org

Money Management Program **(781) 272-7177**
Minuteman Senior Services **(888) 222-6171**
26 Crosby Drive
Bedford Drive, MA 01730
Assists eligible seniors write checks, organize bills, and balance checkbooks.
www.minutemansenior.org

Pension Action Project **(888) 425-6067**
At Gerontology Institute **(617) 287-7307**
UMASS-Boston
Provides information on pension rights and assistance with pension claims. No charge.
www.umb.edu/pensionaction

Property Tax Exemptions
Arlington Assessors Office **(781) 316-3050**
Council on Aging **(781) 316-3400**
For eligible lower income seniors, widows and widowers, blind, and veterans.

Social Security Administration **(888) 527-9340**
10 Fawcett St. **(800) 772-1213**
Cambridge, MA 02138
Provides Retirement, Disability, Medicare, SSI - Supplemental Security Income, Survivor Benefits.
www.ssa.gov

Veterans' Agent – Town of Arlington
Town Hall Annex **(781) 316-3166**
730 Mass. Ave., Arlington, MA 02476
Advises veterans, spouse and dependents about state and federal entitlements.

Food Assistance, Meals

Arlington Food Pantry
At Church of Our Savior
21 Marathon St.
Arlington, MA 02474
Information: **(781) 316-3166**
Held on 2nd Tuesday and last Saturday of the month, 9:30 - 11:30 am, for Arlington residents. Emergency food packages available. Donations accepted.
www.town.arlington.ma.us

Meals on Wheels **(781) 272-7177**
Minuteman Senior Services **(888) 222-6171**
26 Crosby Drive
Bedford, MA 01730
Delivers nutritious and inexpensive meals to homebound Arlington seniors. Cost: $2.00.
www.minutemansenior.org

"Eating Together" Meal Sites
Arlington Senior Center **(781) 316-3423**
27 Maple St., Arlington, MA 02476

Hauser Building **(781) 648-7500**
37 Drake Road, Arlington, MA 02476
Minuteman Senior Services meal sites serve hot meals in a congenial atmosphere. Cost: $2.00. Make reservation at least one day in advance.

Search "meal delivery programs" on-line for chef-prepared meals. You select from a menu and meals are delivered to your home.

Food Source Hotline **(800) 645-8333**
Project Bread **(617) 723-5000**
Provides information regarding SNAP (food stamps) and emergency food. Also assists with SNAP application; English and Español.
www.gettingSNAP.org

SNAP (Food Stamp) Program
MA Dept. of Transitional Assistance
80 Everett Avenue **(877) 382-2363**
Chelsea, MA 02150 **(617) 551-1700**
Location for low-income Arlington residents to apply for SNAP benefits to help pay for food.
www.mass.gov/dta

Fuel & Utilities Assistance

Arlington Fuel Assistance Fund **(781) 316-3170**
Arlington Health & Human Services
27 Maple St.
Arlington, MA 02476
Makes small grants to Arlington households for heating costs once federal fuel assistance funds have been used.
www.town.arlington.ma.us

Conservation Services Group **(508) 836-9500**
40 Washington St.
Westborough, MA 01581
Provides energy conservation services and home energy analysis to help you save on energy bills.
www.csgrp.com/consumer

Fuel Assistance - Low Income Home Energy Assistance Program (LIHEAP)
Community Teamwork, Inc.
45 Kirk St. **(978) 459-6161**
Lowell, MA 01854 **(877) 451–1082**
Info for Arlington Residents: (781) 316-3400
Assistance paying for heating fuel based on household size and income. Call for appointment.
www.massresources.org

Safelink Wireless TracFone (800) 977-3768
Assurance Wireless Program (888) 898-4888
Two programs that offer free cell phone and free minutes each month for low-income residents on fuel assistance, food stamps, MassHealth, SSI, TAFDC, or EAEDC.
www.safelinkwireless.com
www.assurancewireless.com

Verizon Link Up America & Lifeline Discount (800) 870-9999
Discount on monthly home telephone bill and installation for those on fuel assistance, food stamps, MassHealth, SSI, TAFDC, or EAEDC. Enroll in either free cell phone program or discount land-line program – not both.
www.massresources.org

Geriatric Care Managers

Geriatric Care Managers of New England
198 Tremont St., PMB #336
Boston, MA 02116 **(617) 426-3533**
Provides list of geriatric care managers who work with seniors and their families to assess need, recommend options and coordinate care.
www.gcmnewengland.org

Marian Weisenfeld, LICSW (781) 641-3083
Inter-Generations, Inc.
Offers geriatric care management. Includes family counseling, needs assessment, recommendations, and coordination of care.
www.inter-generations.com

Senior Options (781) 272-7177
Minuteman Senior Services (888) 222-6171
26 Crosby Drive
Bedford, MA 01730
Provides aid for seniors and their families in assessing need, recommending options, and coordinating care for private-pay clients.
www.minutemansenior.org

Senior Support Solutions (781) 862-2829
405 Waltham Street #332
Lexington, MA 02421
Care planning and management to assist older adults and their caregivers.
www.seniorsupportsolutions.com

Your Elder Experts (866) 924 9543
Jewish Family and Children Services
1430 Main St.
Waltham, MA 02451
Private-pay program providing consultation, assessment, and care management.
www.yourelderexperts.com

Groceries

Boston Organics (617) 242-1700
50 Terminal St., Bldg. 2, Suite 100
Charlestown, MA 02129
Delivers fresh organic produce and other items to your home every 1 or 2 weeks.
www.bostonorganics.com

Crescent Ridge Dairy (800) 660 2740
355 Bay Rd. **Fax: (781) 784-8446**
Sharon, MA 02067
Milk, juice, bread, beef, and other items delivered to homes. Order by telephone, online, fax, or leave order for delivery person. Modest fee.
www.crescentridge.com

Minuteman Senior Services (781) 272-7177
26 Crosby Drive
Bedford, MA 01730
State-subsidized Home Care Program includes grocery assistance. Must be income eligible.
www.minutemansenior.org

Pea Pod Grocery Delivery **(800) 573-2763**
Stop & Shop groceries delivered to your home. Delivery fee: Orders less than $100 ($9.95); more than $100 ($6.95). Minimum order $60.00. Orders taken online only.
www.peapod.com

Tele-Grocers **(888) 902-7467**
Lake Zurich, IL 60047
Order groceries by phone for small fee and they will place order through online grocery delivery websites, such as Peapod. Serves Massachusetts.
www.telegrocers.com

Roche Bros. **(781) 273-3261**
Crossroads Plaza
34 Cambridge St.
Burlington, MA 01803
Grocery delivery to Arlington costs $9.95. Orders must be placed online at least 4 hours in advance.
www.rochebros.com

Stop & Shop Bus **(781) 316-3400**
Picks up Arlington seniors on Tuesday mornings for groceries. Call the Council on Aging to arrange service. No charge.

Health Insurance

Blue Cross & Blue Shield of MA
Member Service Number: **(800) 258-2226**
Information: **(800) 678-2265**
Supplemental health insurance for persons on Medicare.
www.bluecrossma.com

Commonwealth Care **(877) 623-6765**
TTY: (877) 623-7773
State-subsidized health insurance for those without any health insurance who have income levels below 300% of the federal poverty limit.
www.mahealthconnector.org

Harvard Pilgrim Health Plan **(800) 782-0334**
Member Services: **(877) 907-4742**
Provides variety of supplemental health insurance options for people with Medicare.
www.harvardpilgrim.org

Health Care For All Helpline **(800) 272- 4232**
Provides information and advocacy regarding health insurance and health care in Massachusetts.
www.hcfama.org

MassHealth (Medicaid)
MA Office of Health & Human Services
Benefits Advisor: **(800) 841-2900**
Enrollment**:** **(888) 665- 9993**
TTY: (800) 497-4648
Provides health insurance for seniors with low income and assets, and long-term care.
www.mass.gov/masshealth

Massachusetts Medicare Advocacy Project
(Part of Greater Boston Legal Services)
197 Friend St. **(617) 603-1566**
Boston, MA 02114
Provides free counseling and legal representation regarding Medicare issues.
www.gbls.org/map

Medicare Helpline **(800) 633-4227**
TTY: (877) 486-2048
Provides Medicare information including answers about coverage, health plan choices, appeals, and patient rights.
www.medicare.gov

Prescription Advantage **(800) 243-4636**
TTY: (877) 610-0241
State-subsidized secondary prescription insurance that helps with drug costs for MA seniors and disabled, especially those in the donut hole.
www.mass.gov/elders

S.H.I.N.E. Program
(Serving Health Information Needs of Elders)
Minuteman Senior Services: (781) 221-7029
Arlington Council on Aging: (781) 316-3404
Minuteman Senior Services provides SHINE volunteers to area Councils on Aging including Arlington. SHINE provides seniors with free, unbiased information about Medicare and other health insurance options. Call for appointment.
www.minutemansenior.org/benefits.html

Tufts Insurance Company **(800) 714-3000**
Member Services: **(800) 701-9000**
TDD: (800) 208-9562
Provides variety of supplemental health insurance options for people with Medicare.
www.tuftsmedicarepreferred.org

United Healthcare (AARP) **(800) 523-5800**
Provides variety of supplemental health insurance options for people with Medicare.
www.aarphealthcare.com

Home Care Services

Cambridge At Home **(617) 864-1715**
545 Concord Ave. Suite 104
Cambridge, MA 02138
Membership organization provides referral service, health and wellness programs, social and cultural programs for Arlington seniors.
www.cambridgeathome.org

Community Care Ombudsman Program
MA Executive Office of Elder Affairs
(800) 243-4636 **TDD/TTY: (800) 872-0166**
Helps to resolve problems with home health or community services.
www.mass.gov/elders

Elder Service Plan **(617) 575-5850**
(Part of Cambridge Health Alliance)
270 Green St.
Cambridge, MA 02139
Provides health care and home services for nursing home-eligible seniors in their home.
challiance.org/senior_health/elder_service.shtml

Always Best Home Care **(617) 489-9000**
68 Leonard Street
Belmont, MA 02478
Provides non-medical in-home and facility care.
www.alwaysbestcare.com/us/ma/boston-area/belmont.aspx

Comfort Keepers **(781) 721-5522**
21G Olympia Ave., #5
Winchester, MA 01801
Provides non-medical in-home care.
www.comfortkeepers.com

Home Instead Senior Care **(781) 402-0060**
5 Militia Dr. **(888) 484-5759**
Lexington, MA 02421
Provides non-medical in-home care.
www.homeinstead.com

Metropolitan Home Health **(781) 643-9115**
297 Broadway, Suite 222
Arlington, MA 02474
Certified and private-pay in-home care.
www.metrohh.com

Minuteman Senior Services **(781) 272-7177**
26 Crosby Drive **(888) 222 -6171**
Bedford, MA 01730
Subsidized home care services for income-eligible seniors, including homemaking, bathing, groceries, etc.
www.minutemansenior.org/homecare

Minutewomen, Inc. **(781) 862-3300**
238 Bedford St., Suite 7
Lexington, MA 02420
Provides non-medical homemakers, companions, house cleaners and people to run errands.
www.minutewomen.net

Right At Home **(781) 275-1400**
60 Great Rd.
Bedford, MA 01730
Provides companions, homemakers, personal care.
www.rightathome.net/bostonnorthwest

Our Pleasure 2 Help **(781) 862-4300**
Lexington, MA
Assistance with errands, transportation, computers, repairs, etc.
www.ourpleasure2help.com

Visiting Nurse & Community Health & Home Care Plus
37 Broadway **(781) 643-6090**
Arlington, MA 02474 **(800) 310-4862**
Certified and private-pay medical care, home care and hospice care.
www.thevisitingnurses.com

Winchester Home Care
800 Cummings Park, Suite 5000 **(800) 862-9353**
Woburn, MA 01801 **(781) 756-2488**
Nursing care (RNs), HHAs, and homemaking. Certified and private-pay.
www.winchesterhospital.org

Home Services & Maintenance

Circle Laundry & Dry Cleaning
4110 Mystic Valley Pkwy. **(781) 395-9429**
Medford, MA 02155
Pick-up and delivery of laundry – $1.15 per lb.

HouseWorks **(617) 928-1010**
1 Gateway Center, Suite 902 **(800) 928-3393**
Newton, MA 02458
Handyman, house cleaning, heavy cleaning, home repair, & modifications for elders & their families.
www.house-works.com

LINKS (Linking Neighborhood Seniors to Kids)
Arlington Council on Aging **(781) 316-3400**
27 Maple St.
Arlington, MA 02476
Arlington 7th and 8th graders provide seniors with outdoor work, including yard cleanup, weekly rubbish removal, and snow shoveling at low cost.
www.arlingtonma.gov/coa

Teele Square Laundromat **(617) 776-2598**
1141 Broadway
Somerville, MA 02144
Free pick-up and delivery – $1 per lb. ($10 min.).

Menotomy Weatherization & Home Improvement Program **(781) 316-3436**
20 Academy St., Suite 202
Arlington, MA 02476
Provides low-interest loans to Arlington residents for home improvements. Also weatherization program for residents receiving fuel assistance.
www.town.arlington.ma.us

Natale Company & Safety Care
5 West Dexter Ave. **(781) 933-7205**
Woburn, MA 01801
Consultation, home modifications, and installation of assistive equipment for seniors and people with disabilities including bath bars.
www.safety-care.com

Royal White Laundry **(617) 776-1500**
13 Warwick Rd.
Somerville, MA 02145
Laundry and dry cleaning picked up & delivered.
www.royalwhite.com

Hospice

All Care VNA and Hospice **(800) 351-8402**
16 City Hall Square
Lynn, MA 01901
Symptom and pain management at the end of life, including bridge to hospice program.
www.allcare.org

Visiting Nurse & Community Health Hospice Care **(781) 643-6090**
37 Broadway
Arlington, MA 02474
Comprehensive in-home hospice program.
www.thevisitingnurses.com

VNA Hospice Care **(781) 569-2888**
100 Trade Center, G-500
Woburn, MA 01801
Programs include in-home care or any "home-like" setting, respite programs for caregivers, and bereavement groups.
www.hospicecarema.org

Housing

Arlington Council on Aging **(781) 316-3410**
27 Maple St.
Arlington, MA 02476
Information and consultations on senior housing options, including assisted living, subsidized apartments, and other senior residences.
www.arlingtonma.gov/coa

Arlington Housing Authority **(781) 646-3400**
4 Winslow St.
Arlington, MA 02474
Manages four subsidized senior housing buildings in Arlington for people of low and moderate income who are over 60 years of age or disabled.
www.arlingtonhousing.org

Homeowner Options for MA Elders (H.O.M.E.)
87 Hale Street, 2nd floor **(800) 583-5337**
Lowell, MA 01581 **(978) 970-0012**
Provides information to help low- to moderate-income seniors remain in their home through refinancing, reverse mortgages, and tax deferrals.
www.elderhomeowners.org

Housing Corporation of Arlington
20 Academy St. **(781) 316-3451**
Arlington, MA 02476
Provides affordable rental housing and grants for homeless prevention for Arlington residents.
www.housingcorparlington.org

Millbrook Square Apartments **(781) 641-1410**
17 Mill St.
Arlington, MA 02476
Subsidized apartments for low-income seniors (62 years and older) and disabled persons.

Fair Housing Advisory Committee
Town of Arlington Housing Office
730 Mass. Ave. **(781) 316-3091**
Arlington, MA 02476
Advocates and strategizes for fair and affordable housing for Arlington residents.

Information & Library Services

Arlington Council on Aging **(781) 316-3400**
27 Maple St.
Arlington, MA 02476
Provides information and referral resources to Arlington seniors and their families about a wide range of senior programs and benefits.
www.arlingtonma.gov/coa

Fox Branch Library **(781) 316-3198**
175 Mass. Ave.
Arlington, MA 02474
Branch library located in East Arlington. Open Tuesday thru Friday.
www.robbinslibrary.org

MA Executive Office of Elder Affairs
1-800-AGE-INFO **(800) 243-4636**
One Ashburton Pl.
Boston, MA 02108
State-wide information and resource line for seniors.

Mass 2-1-1 Information Line
Dial 211 or 1-877-211-MASS (6277)
TTY (508) 370-4890
Information on government, non-profit, volunteer resources and disaster/emergency information.
www.Mass211.org

Minuteman Senior Services **(781) 272-7177**
26 Crosby Drive
Bedford, MA 01730
Provides information and referral resources to seniors and caregivers on a wide range of issues.
www.minutemansenior.org

Robbins Library **(781) 316-3200**
700 Mass. Ave.
Arlington, MA 02476
In addition to regular library services, provides resources for seniors, including large-print books and magazines, books on tape, and home delivery.
www.robbinslibrary.org

Legal Services

AARP Legal Services Network **(866) 330-0753**
Reduced fees for AARP members with attorneys in network.
www.aarplsn.com

Arlington Council on Aging **(781) 316-3400**
27 Maple St.
Arlington, MA 02476
Elder law Attorney Noreen Murphy provides free consultation. Call for appointment.
www.arlingtonma.gov/coa

Boston Bar Association **(617) 742-0625**
Lawyer Referral Service. **(800) 552-7046**
www.bostonbar.org

Cambridge and Somerville Legal Services
(Part of Greater Boston Legal Services)
60 Gore St., Suite #3 **(617) 603-1776**
Cambridge, MA 02141
www.gbls.org

Community Legal Services and Counseling Center **(617) 661-1010**
1 West St.
Cambridge, MA 02139
Legal assistance for Arlington residents with non-housing related questions, including immigration.
www.clsacc.org

Health Care Proxy **(617) 727-7750**
Mass. Executive Office of Elder Affairs
(800) AGE-INFO or (800) 243-4636 then "5"
Provides information and a sample contract for Massachusetts Health Care Proxy, which allows adults to appoint an agent to make medical decisions for them when they are unable.

Massachusetts Bar Association
Lawyer Referral Service **(800) 392-6164**
$25 fee maximum for initial ½ hour consultation.
"Dial A Lawyer" Program **(617) 338-0610**
Call on the first Wednesday of any month to speak directly to a lawyer, 5:30 - 7:30 pm. Free.
www.massbar.org

National Lawyers Guild **(617) 227-7008**
$15 fee for initial ½ hour consultation. Fees on sliding scale.
www.nlg.org

Massachusetts Senior Legal Helpline
Greater Boston Legal Services **(866) 778-0939**
197 Friend St.
Boston, MA 02114
Provides free legal assistance to eligible Arlington seniors on issues such as Social Security, SSI, Medicaid, public benefits, evictions, rights of nursing home residents.
www.gbls.org

Mental Health Legal Advisors Committee
24 School St., 8th floor **(617) 338-2345**
Boston, MA 02108 **(800) 342-9092**
Provides advice and legal representation for children and adults with mental disabilities.

Medical Equipment

Belmont Medical Supply **(617) 484-3888**
185 Belmont St.
Belmont, MA 02478
Sells medical supplies, including hospital beds, bedside commodes, wheelchairs, canes, walkers.
www.belmontmedical.com

Careway Wellness Center **(781) 933-2345**
508 Main St.
Woburn, MA 01801
Health and wellness superstore – medical equipment, lift chairs, shoes, etc.
www.carewaywellness.com

Council on Aging **(781) 316-3400**
27 Maple St.
Arlington, MA 02476
Loans medical equipment including walkers, canes, shower seats, commodes, and wheelchairs to Arlington residents. Also accepts used equipment.
www.arlingtonma.gov/coa

Masonic Temple **(781) 322-1052**
123 Exchange St.
Malden, MA 02148
Loans medical equipment, including wheelchairs, hospital beds; accepts donations of used equipment. Hours are Saturdays, 9 am - noon.

Mental Health

Advocates, Inc. **(781) 893-2003**
Mental Health Crisis Team **(800) 540-5806**
675 Main St.
Waltham, MA 02453
Crisis Team that responds to mental health emergencies in Arlington and surrounding area.
www.advocatesinc.org

Arlington Council on Aging **(781) 316-3400**
27 Maple St.
Arlington, MA 02476
Free consultation, evaluation, and short-term counseling for Arlington seniors.
www.arlingtonma.gov/coa

Edinburg Center **(781) 894-8440**
169 Elm St.
Waltham, MA 02454
Out-patient mental health clinic.
www.edinburgcenter.org

Lawrence Memorial Hospital of Medford
170 Governors Ave. **(781) 306-6000**
Medford, MA 02155
Geriatric psychiatry, including in-patient and partial hospitalization programs.
www.lmh.org

McLean Hospital **(617) 855-2000**
115 Mill St. **(800) 333-0338**
Belmont, MA 02478
Services include in-patient, out-patient, partial hospital, and residential mental health and substance abuse; specializes in gerontology, with a special unit for geriatric patients who have Alzheimer's disease and other dementias.
www.mclean.harvard.edu/patient/geriatrics

Wyman Center for Older Adults
Mount Auburn Hospital **(617) 499-5780**
330 Mount Auburn St.
Cambridge, MA 02138
A secure, short-term in-patient geriatric psychiatry unit for older adults.
www.mountauburnhospital.org

National Alliance for The Mentally Ill of Massachusetts **(781) 938-4048**
Helpline: (800) 370-9085
Also offers local meetings for friends and caregivers.
www.namimass.org
www.nami-cambridgemiddlesex.org

Moving & Organizing

Careful Carriers Moving Services
37 Westminster Ave. **(781) 641-0376**
Arlington, MA 02174
Senior discount, 2-hour minimum.
www.carefulcarriers.com

Diana's Domestic Therapy **(617) 312-8304**
Cambridge, MA
Professional Organizer and De-clutterer. Habla Español, fala Portuguese.
E-mail: Dilopez2005@yahoo.com

Find Your Floor: Professional Organizing
Jennifer Hunter **(781) 605-8619**
20 Circuit St.
Medford, MA 02155
Helps clients create order in their space.
www.findyourfloor.org

Hands of Change **(617) 661-3333**
Division of Gentle Giant Moving Company
29 Harding St.
Somerville, MA 02143
Specializes in moving/transitioning seniors

MiniMoves & More **(781) 646-9000**
83 Williams St.
Arlington, MA 02474
Across the room, across town, or across the state.
www.minimovesandmore.com

More Than a Move **(617) 416-0578**
Helene Vecchione
Arlington, MA 02476
Organizing, moving, and "check-ups" as needed.
www.morethanamove.com

Transitions **(781) 942-1028**
P.O Box 423
Reading, MA 01867
Move coordination for seniors, including packing, selling furniture, and arranging moves.
www.choosetransitions.com

Move Managing **(617) 489 2340**
P.O. Box 404
Belmont, MA 02478
Moving or downsizing management services.
www.movemanaging.com

Nursing Home Care

Arlington Council on Aging **(781) 316-3400**
27 Maple St.
Arlington, MA 02476
Provides list of nursing facilities in area, information regarding the process, and assistance with MassHealth/Medicaid applications.
www.arlingtonma.gov/coa

"Nursing Home Compare"
Center for Medicare and Medicaid Services
Provides ratings for all nursing homes in the US that are Medicare and Medicaid certified.
www.medicare.gov/Nhcompare/

"Nursing Home Reports" **(617) 753-8000**
MA Division of Health Care Quality
Ratings for all nursing homes in Massachusetts.
www.mass.gov/hhs, then search "nursing homes"

Park Ave. Nursing & Rehabilitation Center
146 Park Ave. **(781) 648-9530**
Arlington, MA 02476
Rehabilitation and long-term care nursing facility.
www.parkavenursingandrehab.com

Mass. Extended Care Federation
2310 Washington St., Suite 300 **(800) 227-3367**
Newton, MA 02464 **(617) 558-0202**
Publishes free "Guide to Extended Care Facilities" which lists MA nursing facilities.
www.mecf.org

Minuteman Ombudsman Program
Eliot Community Human Services
186 Bedford St. **(781) 861-0896**
Lexington, MA 02421
Helps to resolve nursing home and long-term care problems in 16 towns, including Arlington.
www.eliotchs.org

Pharmacies & Prescriptions

Andrews Pharmacy **(781) 235-1001**
324 Weston Rd.
Wellesley, MA 02482
Prepares weekly bubble packs for medications.
No charge, but small shipping fee.
www.andrewspharmacy.com

CVS Pharmacy
23 Mass. Ave. **(781) 641-3606**
833 Mass. Ave. **(781) 643-4272**
Arlington, MA
www.cvs.com

Maida Pharmacy **(781) 643-7840**
121 Mass. Ave.
Arlington, MA 02474
Services include free delivery, compounding and bubblepak set-up.
www.maidapharmacy.com

MassMedline **(866) 633-1617**
MA College of Pharmacy & Health Sciences
19 Foster St.
Worcester, MA 01608
Provides information on medications, side effects, drug interactions, and paying for medications.
www.massmedline.com

Medication Disposal Drop-Box
at Arlington Community Safety Building
112 Mystic Street
Arlington, MA 02474
Information: **(781) 316-3179**
Dispose of unused or expired medications in secure drop-box in lobby of police station.
www.arlingtonma.gov

Stop & Shop Pharmacy **(781) 643-3267**
1043 Mass. Ave.
Arlington, MA 02476
Medication delivery service.
www.stopandshop.com

Town of Arlington **(781) 316-3400**
Prescription Discount Card
Save about 20% off retail price of prescription drugs not covered by other insurance.

Veterans' Administration: **(877) 222-8387**
Arlington Veterans' Services: **(781) 316-3166**
Medications by mail covered if enrolled in Uniform Benefits Package. Co-payment required for some veterans.
www.va.gov/health

Walgreen's Pharmacy
324 Mass. Ave. **(781) 643-4112**
1425 Mass Ave. **(781) 646-3869**
Arlington, MA
www.walgreens.com

Recreational & Social Groups

Arlington Recreation **(781) 316-3880**
422 Summer St.
Arlington, MA 02474
Offers a wide range of recreation programs for residents of all ages and abilities.
www.arlingtoma.gov/rec

Arlington Seniors Association **(781) 316-3420**
Arlington Senior Center
27 Maple St.
Arlington, MA 02476
Hours: M-F, 9 am - 3:45 pm
Provides fitness, social and educational activities for seniors.
www.arlingtonseniorsassociation.org

Golden Age Passport, Seniors Federal Recreation Passport
U. S. Department of the Interior
National Park Service
P. O. Box 37127
Washington, DC 20013-7127
Free life-time pass to all Federal parks, and discounts on user fees for facilities and services.
www.nps.gov/pub_aff

MA Senior Citizen ParksPass Program
DCR, Division of State Parks and Recreation
251 Causeway St., 6th Floor
Boston, MA 02114 **(617) 626-1250**
Send copy of proof of 62 years of age or older and receive pass for free parking at over 100 MA state parks. Handicap plates or placards also qualify for free parking at state parks.
www.mass.gov/dcr

MA Senior Games **(413) 748-3812**
Annual state-wide competition in various sports.
www.maseniorgames.org

Retired Men's Club of Arlington
At St. Camillus Church **(781) 395-1734**
1175 Concord Turnpike
Arlington, MA 02476
Meetings with speaker on 2nd and 4th Wednesdays at 9:30 am. Also trips, golf, cards, bowling, and other activities.
www.rmcarlington.org

Burlington Mall Walkers
Burlington, MA 01803
Monday - Friday, 7 - 10 am
Walk on your own or join Heart and Soles Club at food court, September to May.

Safety

Arlington Cares Daily **(781) 643-1212**
Arlington Police Department
Receive a computer-generated phone call at a predetermined time on days of your choice; if no answer after the third call, the system alerts police to conduct wellness check; no charge.

Elder Abuse Hotline **(800) 922-2275**
MA Executive Office of Elder Affairs
24-hour hotline where elder abuse, neglect, and at-risk elders can be reported.
www.ma-elderaffairs.org

New England Emergency Response Systems
Dover N.H. **(800) 888-0338**
Personal response system for monthly fee.
www.neers.com

Mount Auburn Lifeline **(617) 499-5525**
330 Mt. Auburn St.
Cambridge, MA 02138
Offers a personal response system with personal help button for a monthly fee.

Philips Lifeline **(800) 242-1306**
111 Lawrence St. **Ext. 4752**
Framingham, MA 01702
Provides medical alert and support services to seniors, enabling them to maintain independence.
www.lifelinesystems.com

Wandering Assistance – Safe Return Program
Alzheimer's MA Helpline: **(800) 272-3900**
Register with national database for a one-time fee and receive ID bracelet for person with dementia who tends to wander. If patient wanders, relatives call toll-free number and an alert is sent to local police and hospitals.

Winchester Hospital Lifeline Program
Woburn, MA 01801 **(781) 756-4752**
Offers a personal response system with personal help button for a monthly fee.
www.winchesterhospital.org

Support Groups

Alzheimer's Support Group **(781) 641-3083**
At Sunrise Assisted Living of Arlington
1395 Mass. Ave.
Arlington, MA 02476
Led by Marian Weisenfeld, LICSW. Meetings on the 2nd Tuesday of each month, 7 - 8:30 pm.

Caregiver Support Group **(781) 316-3400**
Arlington Council on Aging
27 Maple Street, Ground Floor
Arlington, MA 02476
Meets 2nd Tuesday of the month from 10:15 to 11:30 am.
www.arlingtonma.gov/coa

Chronic Pain Support Group
American Chronic Pain Association
At Robbins Library **(781) 652-0146**
700 Mass. Avenue
Arlington, MA 02476
Local self-help chapter meets 2nd Friday of every month at 11:00 am.
www.theacpa.org

Grandparent Support Group **(781) 316-3400**
Council on Aging
Arlington, MA 02476
A support group for grandparents with primary responsibility for their grandchildren. The group meets monthly on the 2nd Tuesday of the month from 12 - 1:30 pm. No charge. Call for location and short telephone intake.
www.arlingtonma.gov/coa

Bereavement Groups **(781) 569-2888**
VNA Hospice Care, Inc. **(866) 279-7103**
100 Trade Center
Woburn, MA 01801
Variety of grief groups, some meet in Arlington.
www.hospicecarema.org

Bereavement Group **(781) 643-6090**
Visiting Nurse and Community Health **x1342**
37 Broadway
Arlington, MA 02474
Offers bereavement group in Arlington.
www.thevisitingnurses.com

Parkinson's Disease Support Group
Medford Senior Center **(781) 396-6010**
101 Riverside Drive, Medford, MA 02155
Group for people with Parkinson's and caregivers; meets first Wednesday of the month at 10:30 am.

"What's On Your Mind" Group
Arlington Seniors Association **(781) 316-3420**
27 Maple St.
Arlington, MA 02476
Free drop-in support group for seniors led by Eva Balazs. Meets Tuesday mornings at 11:00 am.

Transportation

AARP Driver Safety Program (888) 227-7669
Provides classroom and on-line courses for older motorists to brush up on driving skills.
www.aarp.org, then 'home' then 'getting around'

American Cancer Society (800) 227-2345
25 Stuart St.
Boston, MA 02116
Provides volunteer transportation to cancer treatments.
www.cancer.org

Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Various transportation options for Arlington seniors including rides to medical appointments, senior center activities, cancer-related appointments, and an in-town subsidized taxi program called Dial-A-Ride.
www.arlingtonma.gov/coa

Driver Evaluation Program (781) 939-1900
New England Rehabilitation Hospital
2 Rehabilitation Way
Woburn, MA 01801
Private-pay driving evaluation, including clinic and driving tests.
www.newenglandrehab.com

MBTA Senior Access ID (617) 222-3200
CharlieCard Store at Dowtown Crossing
101 Arch Street
Boston, MA 02110
Senior ID allows for reduced fare on MBTA buses and subways for people 65 and older or those with disabilities.
www.mbta.com

Stop & Shop Bus (781) 316-3400
Bus picks up seniors 60 years of age and older on Tuesday mornings for grocery shopping. Call the Council on Aging for details.

MBTA "The Ride" (617) 337-2727
The Ride Eligibility Center
Hood Business Park
500 Rutherford Ave. 3rd Floor
Charlestown, MA 02129
Van or car pick-up for those who cannot use regular public transportation due to physical or mental disability. Call for appointment to determine eligibility. Cost is usually $4 or $5 for one-way ride.
www.mbta.com

Volunteer Opportunities

Arlington Council on Aging (781) 316-3400
27 Maple St.
Arlington, MA 02476
Opportunities for medical escorts, friendly visitors, office and program support, and special projects.
www.arlingtonma.gov/coa

Arlington Senior Association (781) 316-3420
27 Maple St.
Arlington, MA 02476
Volunteers help with welcoming, office and program support, and special projects.
www.arlingtonseniorsassociation.org

Minuteman Senior Services (781) 272-7177
26 Crosby Drive
Bedford, MA 01730
Opportunities as meals-on wheels drivers, friendly visitors, medical escorts, and with money management program.
www.minutemansenior.org

United Way of Massachusetts Bay
Volunteer Action Center **(617) 624-8000**
51 Sleeper St.
Boston, MA 02210
Acts as a clearinghouse for many volunteer opportunities throughout the state.
www.supportunitedway.org

Arlington Council on Aging, a municipal agency funded through local, state, and federal funds, was established by Town Meeting in October 1966. The Council on Aging provides advocacy and support services to help elders live independent and dignified lives. Council meetings are held in the Senior Center and are open to the public. Citizens are encouraged to bring issues of importance to the attention of the staff or the Council.

Arlington Council on Aging Services

- Information & Referral
- Care Planning & Management
- Health and Wellness Services
- Transportation Programs
- Educational Programs
- Casemanagement and Problem Solving
- Caregiver Support and Resources
- Health Insurance Counseling (S.H.I.N.E.)
- Podiatry Clinic
- Presentations and Classes
- Flu & Pneumonia Clinics
- Blood Pressure Clinics
- Volunteer Opportunities

Arlington Council on Aging
27 Maple Street, Arlington, MA 02476
Monday – Friday, 8 am – 4 pm
Phone: (781) 316-3400
Fax: (781) 316-3409
www.arlingtonma.gov/coa

Notes and Additions

Arlington Council on Aging
27 Maple Street
Arlington, MA 02476-4909

(781) 316-3400

www.arlingtonma.gov/coa